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**'Marketer in chief' celebrates first year**Mayor says Year 2 will be about development, transit **PAGE 4****A boyish grin, mild manner and loaded gun**Agent of S.H.I.E.L.D. seems awkward right up until he shoots you **PAGE 11****SCOURGE OF PESTICIDES?**DOCTOR SAYS ARGENTINA'S FARM BELT POPULATION HAS FALLEN ILL **PAGE 8****RETURN OF THE MCENTIRE**

Country singer Reba McEntire sings to an adoring crowd of close to 5,000 people at the Halifax Metro Centre on Sunday night. The country-singing legend last visited two years ago.

JEFF HARPER/METRO

**The first test: McNeil to name cabinet****More than 12 members.** Observers say political experience not the only factor

Stephen McNeil faces his first test as Nova Scotia's incoming premier when he names the members of his cabinet this week.

Remarkably similar lists of potential candidates have been making the rounds since the Liberals were elected with a strong majority on Oct. 8.

Pundits predict the most important appointments will be filled by senior politicians with previous experience in cabinet or as critics.

That list includes Diana Whalen, the party's finance critic; justice critic and former cabinet minister Michel Sam-

son; health critic Leo Glavine; former Conservative education minister Karen Casey; caucus whip Kelly Regan and energy critic Andrew Younger.

Among the newcomers getting attention are Halifax entrepreneur Joachim Stroink; business professor Randy Delorey from St. Francis Xavier University; Dartmouth housing advocate Joanne Bernard; former Guysborough warden Lloyd Hines and retired RCMP commander Mark Furey.

"They are blessed with good talent," says Rob Batherson, former communications director for former Conservative premier John Hamm.

However, experience is just one of several factors McNeil will consider. The cabinet must also reflect the province's geography and its ethnic, racial and linguistic mixture.

**Clean slate vs. experience****"Sometimes, professional background isn't necessarily the natural predictor of success."**

Rob Batherson, former communications director for former premier John Hamm

David Johnson, a political science professor at Cape Breton University, says newly elected members can sometimes have the edge over seasoned former ministers and critics with political baggage.

"Sometimes a premier or a prime minister is looking for a clean slate," Johnson says.

Aside from experience and geography, McNeil must also ensure there is an adequate number of women and ethnic minorities in cabinet.

THE CANADIAN PRESS

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Trout Lake

## Dartmouth student dies in Valley crash

A 23-year-old Dartmouth man is dead after the car he was driving rolled into a ditch on Trout Lake Road in West Inglisville late Friday evening.

Four passengers — two men and two women ages 21 to 24 — were hospitalized with non-life-threatening injuries.

The crash occurred around 11:30 p.m. on a sharp curve of the narrow, steep road that winds down the mountain into Lawrencetown.

A passerby helped the passengers out of the upside-down vehicle, which had caught fire.

The driver was pronounced dead at the scene.

The crash ripped back the roof of the Toyota Tercel and smashed in the driver's side doors.

"Preliminary investigation revealed that a car had failed to negotiate a turn in the roadway, left the roadway and had rolled, landing on its roof," said Annapolis RCMP Sgt. Rocky Calhoun.

The name of the deceased has not been released and the cause of the accident is under investigation.

Calhoun said the occupants of the car were students at the NSCC Centre of Geographic Sciences in Lawrencetown.

NSCC Annapolis Valley Campus Principal Isabel Madeira-Voss offered condolences to the family of the man who died in the crash.

"Losing one of our own students feels like losing a family member," she said.

ANAPOLIS SPECTATOR



An RCMP officer prepares to play the reveille during a memorial ceremony for fallen peace officers in the Grand Parade on Sunday. GEORDON OMAND/FOR METRO

# Peace officers remembered

**Grand parade ceremony.** Memorial service honours Nova Scotia officers who fell in the line of duty

GEORDON OMAND  
halifax@metronews.ca

Officers and members of the public gathered in the Grand Parade on Sunday morning to pay their respects to fallen peace officers during Nova Scotia's 31st annual Law Enforcement Memorial Service.

The gathered crowds observed a moment of silence after Halifax police force's newest recruit, 21-year-old Const.

Quoted

**"It's a day to remember citizens, police officers, soldiers who gave their lives."**

Don Husher, chief of police for Waterville and Stellarton

Corey Brewer, read aloud the names of the 22 Nova Scotia officers who lost their lives in the line of duty.

"Seeing as I'm so junior and get to do such a senior role I took it with the highest respect," said Brewer.

After laying wreaths at the base of the Nova Scotia Fallen Peace Officer Monument, officers marched down Barrington Street to St. Mary's Basilica for a church service.

Retired reservist Bob Grant joined the memorial ceremony

as a member of the public.

Grant said it is important to show respect for fallen peace officers "so that we don't forget about the sacrifice that those officers made taking care of Nova Scotians."

Representatives of organizations from across the province attended the event, including the RCMP, the military police, Canada Borders Services Agency and the Nova Scotia Sheriff Services.

Municipal police departments were also present.

"I'm honoured to be here to pay respects," said Don Husher, police chief for Westville and Stellarton.

Husher — a police officer for nearly 40 years — has personally known some of the officers who were named and honoured during the ceremony.

"Regardless how small or how big, it's a sacrifice that somebody has given," he said.

Husher is also the chairman of the memorial committee, which was responsible for erecting the province's Fallen Peace Officer Monument in the Grand Parade four years ago.

"I think everybody should take a moment to share in the brief ceremonies that take part across the province," he said.

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# 'A lot of stuff on the go': Savage wraps up first year

## 'Marketer in chief'

HRM's mayor reflects on 'freshman' experience, lays out road map for next 12 months



RUTH  
DAVENPORT

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A year after being elected mayor of HRM, Mike Savage says he's feeling pretty good about his time in office — but not letting up as he heads into Year 2.

"I enjoy the job a lot," said Savage during an interview last week. "The schedule ... is pretty demanding. But I enjoy the work, I enjoy the people, I enjoy the ability that I feel I have to make a difference in the city."

The former Liberal MP won the mayoral election on Oct. 20, 2012, after running on a platform focused heavily on improving economic development prospects.

Savage said he's maintained that big-picture focus in Year 1, worrying less about the nuts and bolts of municipal governance, and more about being HRM's "marketer in chief."

"I've sold the city, I've sold Halifax on the road and I try to sell Halifax right here at home," he said. "There's a whole different set of impacts that the mayor has to make on a regular basis."

Savage said he's also focused on empowering city staff to challenge conventional

## Focus

Some of Savage's priorities for the next year.

- Economic development
- HRM city charter review
- Transportation
- Municipal arts council

ways of getting things done. He also said he's been pleased with council's performance over the last year, citing plenty of animated — but civil — debate.

"I've seen a lot of discipline and focus on big issues," he said. "Part of it is the smaller council, part of it is that we've been able to take some of the more personal nature of differences out of play."

Savage said his priorities over the next 12 months will be more economic development work and improving transportation in HRM — including both public transportation and strategies for moving goods and services.

He's also hoping for a sit-down with the incoming Liberal government to discuss a comprehensive review of HRM's charter.

"It was meant to be an enabler of a lot of things ... in a number of ways it's been more restrictive," he said. "I think that we could make it a more living document that better reflects the changing needs of



Mayor Mike Savage presides over a council sitting at Halifax City Hall in September. JEFF HARPER/METRO

the municipality."

Savage said he's also hoping to increase civic engagement in the process of governance over the next three years, and not just gather feedback on the results.

"Everything can't be all cooked before you take it to the people," he said. "I think the city writ large needs to take some chances, and one of those is to ask people, 'What do you think?' before the decisions are made."

## Salaries

### Savage satisfied with councillors' pay formula

As the annual review of the mayor and councillors' salaries approaches, Mayor

Mike Savage said he has no concerns with the way pay raises are determined.

"I think the important thing is that we have a process," he said. "People can argue about whether it works or doesn't work ... if somebody has a better idea, then bring it forward."

The mayor and council-

lors' pay are determined through a process that relies on comparisons with salaries of elected representatives in eight other Canadian cities. The mayor's pay rose from \$150,000 to \$159,000 last year. The average councillor's salary climbed from \$72,000 to \$77,000. RUTH DAVENPORT/METRO

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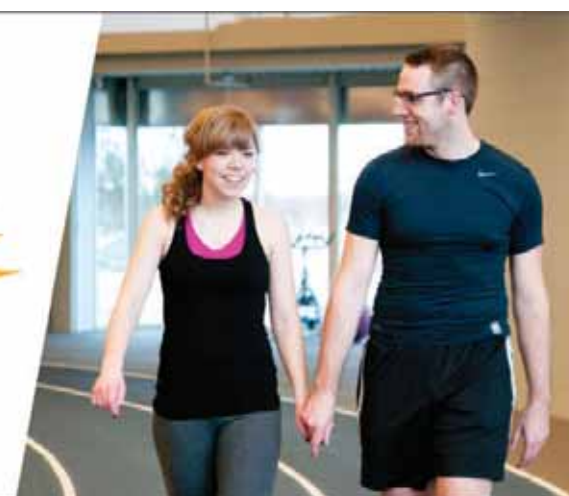
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# It's a flu first: Pharmacists offer vaccine

**Excuses: Dwindling.** Province hopes easier access prompts more people to get free shot



**HALEY RYAN**  
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For the first time, Nova Scotians can head into their neighbourhood pharmacy to get a flu shot.

Kevin McNamara, health-and-wellness deputy minister, made the announcement Friday at the annual flu-campaign launch before receiving his own shot at Dalhousie's College of Pharmacy.

"It's the accessibility; they're in every community in our province," McNamara said after the event. "To some

degree, there are more pharmacists than Tim Hortons."

Shelagh Campbell-Palmer, manager of professional practice for the Nova Scotia College of Pharmacists, said this is another way pharmacists can help "fill in the gaps" of the health-care system.

"Pharmacists have known for a long time they were capable of contributing more," Campbell-Palmer said.

She said registered pharmacy technicians will help free up pharmacists' time for immunizations.

McNamara specifically asked hospital workers — who traditionally have a low immunization rate — to get the shot this year in order to protect their patients.

"They think they're not vulnerable to the flu, but they are," McNamara said.

"Flu is not a trivial illness,"

agreed Dr. Frank Atherton, deputy chief public health officer for Nova Scotia. "It can cause quite serious respiratory illness."

## Great expectations

**"It's a very exciting time for the vaccination program."**

Dr. Frank Atherton, N.S. deputy chief public health officer

About one-third of Nova Scotians get the shot every year, a percentage Atherton said should climb this year.

Although some say they don't need a shot because they haven't had the flu in years, Atherton said, "they've been lucky." Between one in five and one in 10 Canadians catch the illness each year.



## 'And they told me not to play with matches'

Klye Scott (a.k.a. Theos) of Incendia Motus dazzles the crowd with some fire stunts during the Nocturne: Art at Night Festival on Saturday night. The annual event saw close to 30,000 people hit the streets in locations across Halifax and Dartmouth. **JEFF HARPER/METRO**

# Paramedic hit with 4 more sex-assault charges



**James Duncan Keats makes his way into Halifax Provincial Court in June.**  
**JEFF HARPER/METRO FILE**

Police have laid more charges against a paramedic already facing counts of sexual assault and breach of trust.

James Duncan Keats was arrested Thursday and charged with four counts of sexual assault and four counts of breach of trust.

All charges stem from "allegations of inappropriate conduct" while Keats was working as a paramedic with Emergency Health Services (EHS), according to a release.

Cpl. Scott MacRae, RCMP spokesperson, said these

matters are taken "very seriously."

"If someone was assaulted in a criminal nature, we encourage them to come forth," MacRae said Friday.

Police say the incidents occurred between Dec. 20, 2010, and April 21, 2013, and involve four women ranging from 24 to 64 years of age.

The alleged offences all occurred while patients were being transported in an ambulance from Windsor, Fall River and Lower

## Back in court

**Chris Hansen, spokesperson for the public prosecution service, said Keats' bail hearing on Friday was adjourned until Monday.**

- He has remained in custody since then.

for the courts. He is now on paid leave from EHS.

MacRae said Keats' earlier alleged offences were publicized in the media, but whether that "played a role" in these charges will be something for the investigators to determine.

"What's more important is that four new victims came forth," MacRae said.

MacRae said he cannot speculate at this time about future charges or other victims.

**HALEY RYAN/METRO**

## Dartmouth

### Cops seek suspect, woman in slashing

Police are looking for the person who stabbed a man in the back and slashed him across the face in Dartmouth over the weekend. They say the man was involved in an altercation with a woman he knew, but officers didn't find the woman at her home. **METRO**

## Hot eats

### DQ closing after nighttime blaze

The Dairy Queen in Cole Harbour has been closed after a fire tore through the building early Sunday morning. Halifax Fire Division commander Corey Beals said that, due to the damages, the fast-food outlet will be closed "for quite some time." **METRO**



**Fire crews extinguish a fire at the Dairy Queen on Cole Harbour Road early Sunday. COURTESY SEAN DEWITT**

## Olivet Street

### Man charged in knife-point holdup

A 28-year-old man is facing charges after a Halifax convenience store was robbed at knife-point on Friday night. Police say a man walked into Olivet Grocery on Olivet Street, produced a knife and demanded cigarettes. No one was hurt. **METRO**

## Poirierville

### Boater unharmed after vessel flips

RCMP say there were no serious injuries after a boat overturned off Isle Madame on Sunday. Cpl. Scott MacRae says a boat overturned about five minutes from a wharf in Poirierville. The only person on board was able to make it back to shore. **THE CANADIAN PRESS**

## Food Fight

### Feed Nova Scotia loses to Regina for 4th time in a row

The food bank Feed Nova Scotia came in third place in the annual Great Canadian Food Fight, bringing in 47,600 kg of donated goods. The Regina Food Bank took first prize with over 133,700 kg. **METRO**



# CN on best behaviour as it deals with derailment fallout: Experts

**PR.** Saturday's disaster in Gainford, Alta., was the company's third derailment involving hazardous goods in recent weeks

CN Rail's strong and swift response to the derailment of a fuel-laden train in Alberta shows how anxious the company is to quell safety concerns as more dangerous goods travel by rail, experts said Sunday.

The railway company dispatched its top brass, led by chief operating officer Jim Vena, to handle the crisis after 13 cars carrying crude oil and liquefied petroleum gas came off the tracks and caught fire early Saturday in Gainford, west of Edmonton.

Within less than 24 hours, the company had publicly



Emergency crews work at the scene of a train derailment near Gainford, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

apologized for the disruption, while stressing the vast majority of its cargo arrives safely without incident.

"They have their COO out

there, they've apologized, they're keeping everybody informed — that's all really good stuff," said Michael Davis, managing director of the Vancouver

consulting firm Reputations.

"The reason is they're terrified they're going to pop up ... above the radar and all of a sudden they're going to start get-

ting all this public pressure on the amount of oil products and petroleum products that are being shipped by rail."

CN's efforts may not be

## Quoted

**"We see a business here that is really pulling out all the stops to defend its brand."**

Kenneth Wong, a marketing expert at Queen's University, on CN Rail.

enough to counteract mounting safety concerns over hauling dangerous goods by rail, however, Davis said, pointing to last summer's disaster in Quebec involving another rail company.

"They have popped up onto the public radar because of Lac-Mégantic and then the other derailments over the last little while," he said.

No one was hurt in Saturday's derailment, but several cars leaked gas and burst into a giant fireball and roughly 100 residents were forced from their homes. **THE CANADIAN PRESS**

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## New Brunswick

### Shale-gas project opponents gather at First Nation

Hundreds of people gathered at a community hall in New Brunswick on Sunday to discuss their opposition of the development of a shale-gas sector in the province as their protest garnered support from a Manitoba grand chief.

Elsipogtog Chief Arren Sock said the meeting at New Brunswick's Elsipogtog First Nation was a chance for people in his community to tell their stories.

"It's just part of the healing process and I wanted that to begin," said Sock after the meeting, which drew about 300 community members and protesters and was closed to media.

Sock would not say if anything was decided during the meeting on how to proceed with the protest over shale-gas exploration.

"We just started the healing process and in the coming days I will have more information," he said.

Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the community and protesters.

**THE CANADIAN PRESS**

## Saskatoon

### Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred on Thursday when eight to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range.

A witness blamed a shift in wind direction for pushing the spray toward the hunters. "It just kind of wafted in from the wind, and right away everyone just started hacking and gagging," one of the hunters said.

Alyson Edwards, Saskatoon police director of public affairs, confirmed that the force is examining its practices at the range as a result.

"We've ordered a review of the incident, and we're also going to review how this training is organized to try and avoid things like this in the future."

Edwards noted that the injured hunters have received an apology.

**METRO IN SASKATOON**

## Politics

### Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto Centre and Bourassa are longtime Liberal strongholds, left vacant after the resignations of former interim leader Bob Rae and veteran MP Denis Coderre respectively. However, New Democrats are making a concerted effort to snatch the two ridings away.

The Manitoba ridings are longtime Conservative fiefdoms, left vacant after the retirement of former minister Vic Toews and backbencher Merv Tweed, and are widely expected to remain so.

But a raging controversy over the party's alleged interference in the choice of candidate in Brandon-Souris has angered some Tories and given the opposition parties some hope of scoring an upset. **THE CANADIAN PRESS**





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# Argentina's agro-boom — is it poisoning its people?

## Agrochemicals.

Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile

of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS



Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS



Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.



Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

## Spraying laws vary

# 23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

## Chemicals in class

# 11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

## Cancer rates

# 4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

## Birth defects

# 4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

# Bolivian coca-eradication squad ambushed, 2 dead



Soldiers stand around the coffin of Bolivian soldier Oscar Girona during a wake at the military barracks in La Paz, Bolivia, Sunday. JUAN KARITA/THE ASSOCIATED PRESS

A police officer Sunday became the second member of a government eradication squad to die of gunshot wounds from an ambush by coca growers, who authorities said were holding eight squad members hostage.

Ten more members of the joint military-police team suffered gunshot wounds and 10 were injured by blows in Saturday's attack in a rural area of the remote municipality of Apolo, about 145 kilometres north of La Paz, Interior Minister Carlos Romero said.

It was the first fatal attack

on a coca-eradication team since Evo Morales, a coca-growers union leader, was first elected president nearly eight years ago.

A bullet perforated the stomach and pancreas of the police officer who died Sunday, the Interior Ministry said in a statement. It said an army lieutenant who died Saturday suffered a gunshot wound that pierced a lung.

A local coca-grower leader, Gregorio Cari, told The Associated Press by phone that security forces had attacked with

tear gas and gunshots. Cari said the growers were only trying to protect their crops.

"I have information that the comrades were provoked," Cari said. He said the growers took hostages for their own security and were seeking dialogue to prevent "confrontation."

Bolivia's government considers two-thirds of its coca crop to be legal. But it dispatches teams to eradicate unapproved coca fields, and the official in charge of the effort, Felipe Caceres, said more than 90 square kilometres have been

destroyed so far this year.

U.S. officials say tons of Bolivian coca leaves are being processed into cocaine, whose main destination is Brazil, Argentina and Europe.

Morales expelled the U.S. Drug Enforcement Administration in 2008, accusing it of inciting political opposition.

The U.S. says the result has been a rise in trafficking and related violence in Bolivia that is fuelled by official corruption. Effective this month, it halted all counter-narcotics aid to Bolivia. THE ASSOCIATED PRESS



# Shoppers pick how H&M spends \$80M

**Corporate responsibility.** Fast fashion giant H&M lets customers decide philanthropy with online crowdsourcing



**ELISABETH BRAW**  
Metro World News in London

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce today an online poll that lets customers decide where the

fashion chain's philanthropic arm should spend SEK 500 million (about \$80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: what are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowd-sourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects ordinary people with good causes that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while online voting involving your favourite merchant might be fun, how much good will the resulting



Karl-Johan Persson, CEO of Swedish fashion retailer H&M, right, says his company's crowd-sourced charity campaign will empower customers to help change the world. MARC FEMENIA/TT NEWS AGENCY/THE ASSOCIATED PRESS

projects do? The fear is that corporate philanthropic crowdsourcing amounts to window-dressing — a nice publicity stunt that yields little for the recipients.

In some cases it may, says Kuraishi, but it also gets phil-

anthropy and CSR on consumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at the pub."

## Better at math. Bank of Canada economists get failing grade for writing

An internal report card says the Bank of Canada's economists don't write too good.

"Economists' writing skills were identified by many as an area for improvement," says an audit ordered by the bank.

"This includes difficulties being succinct, grammatically correct and prioritizing the data into useful information."

Auditors examined an elite group of bank economists, most of them with graduate degrees, who dissect the state of the Canadian and international economies.

The group's advice is in high demand by bank governor Stephen Poloz, who uses the information to set Canada's monetary policy.

This analysis, which now takes up to half the time of these economists, also appears to have created a paper jam as managers must then edit the below-standard English or French.

The group clearly needs training in writing skills, the report concludes, and the bank's management agreed to provide it. **THE CANADIAN PRESS**

### Green entertainment

## Matt Damon wins eco award

Actor Matt Damon, who starred in fracking drama Promised Land, was recognized for his film's eco-friendly messages by the Environmental Media Association Saturday night. **THE ASSOCIATED PRESS**



Matt Damon won the Ongoing Commitment award. FOCUS FEATURES

### Shop and do good

More on H&M's new crowd-sourced charity campaign:

- Vote on five options, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- Polls are open at [makeadifference.hm.com](http://makeadifference.hm.com).

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**SUPREME COURT OF NOVA SCOTIA**

**BETWEEN:**

**LAURENTIAN BANK OF CANADA**, a chartered bank Plaintiff

and **ROBIN SMYTH** Defendant

**Notice of Public Auction**

To be sold at Public Auction under an order for foreclosure, sale and possession unless before the time of sale the amount due to the applicant on the mortgage under foreclosure, plus costs to be taxed, are paid:

**Property:** All that certain parcel of land known as 204 Caldwell Road, Cole Harbour, NS, as PID no. 40122178 and more fully described in the Mortgage recorded at the Halifax County Registry of Deeds on June 16, 2010 as document no. 96146809. The property has been migrated pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

**Date of Sale:** October 28, 2013.

**Time of Sale:** 12:30 pm o'clock local time.

**Place of Sale:** Halifax Law Courts, Conference Room 3, 1815 Upper Water Street, Halifax, Nova Scotia, B3J 1S7

**Terms:** Ten per cent (10 %) deposit payable by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

**Signed at Halifax, Nova Scotia, this 26<sup>th</sup> day of September, 2013.**

John S. McFarlane, QC  
Stewart McKelvey  
900-1959 Upper Water Street  
Halifax, NS, B3J 2X2

Allan Coley  
Sheriff for Halifax County



# PREMIER INHERITS PROBLEMS

Stephen McNeil doesn't even have the key to the executive washroom — premier's desk, top left-hand drawer — and his administration-in-eager-anticipation is already being sideswiped by economic events over which it has little control and less influence.

Just two days after his Liberals were swept into office on an electoral toss-those-rascals-out-and-let's-see-what-these-rascals-will-do roll of the dice, BlackBerry, the former tech giant, announced it was closing its Halifax office and laying off 350 workers.

That's no surprise to anyone who has glanced at a newspaper in the last two years. And there is nothing — no grant, incentive, free toaster — the new government can offer to change its mind. Even if it wanted to.

That said, those 350 skilled, soon-to-be-job-searching workers are now McNeil's responsibility.

He will face the same urgent but unpalatable short-term



URBAN COMPASS

**Stephen Kimber**

halifax@metronews.ca

choices as his predecessors: suck up to footloose multinationals with the usual fruit basket of government incentives, or watch those workers take their skills, salaries, taxes and futures elsewhere.

There are longer term choices too, of course, but they are longer term.

See "toss-those-rascals-out" above.

To complicate McNeil's final, before-the-real-reckoning days, Nova Scotia Power Inc. announced Thursday it was considering outsourcing what could amount to 250 skilled union jobs as part of a search for \$27.5 million in cost savings ordered in last year's power rate settlement — a deal that will still see power rates increase by three per cent this January.

The union says the move could siphon up to \$14 million a year in wages and benefits out of the provincial economy.

While everyone was quick to insist NSP's we're-contemplating announcement had nada to do with McNeil's election, it was

## Predecessors hand McNeil same economic issues

He will face the same urgent but unpalatable short-term choices as his predecessors: suck up to footloose multinationals with the usual fruit basket of government incentives, or watch those workers take their skills, salaries, taxes and futures elsewhere.

lost on no one that McNeil's platform — such as it was — centred on a promise to rein in power rates by making NSP shareholders swallow everything from the \$46 million costs of Efficiency Nova Scotia to its traditionally guaranteed rate of return.

Without saying so, NSP — it of the salty fog and your-power-will-be-restored-someday — is making it clear that if pushed to shove by the new government, it will shove workers and the economy that depends on them under the shareholder bus.

Welcome to your new office, Mr. Premier.

And good luck.

## ZOOM

# Nelson Mandela larger than life



## Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

## Famous quote

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela



Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

## Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.



CONTRIBUTED

## No Babies:

The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. A heady mix of electro-pop and beach-y guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

## Viet Cong:

A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manches-

ter than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

## Hooded Fang:

Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album Gravez a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

## Twitter



@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8stManEv: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@1puttB: 2013 and we still have slavery?

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

Follow @metropicks and take part in our daily poll.

## WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



London, England

## Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's *Sleepy Hollow*, *Dark Shadows* and *Charlie and the Chocolate Factory*. **THE ASSOCIATED PRESS**



Christopher Lee and Johnny Depp  
INVISION FOR BEI/THE ASSOCIATED PRESS

Movie rankings

## Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure *Gravity* continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned \$31 million US over the weekend, according to studio estimates Sunday. The Warner Bros. film has now made more than \$170 million US in three weeks. Tom Hanks' Somali pirate docudrama *Captain Phillips* held in second place at the box office. **THE ASSOCIATED PRESS**

## Celeb offspring. Duhamel says his son's no crybaby

Proud papa Josh Duhamel has no problem bragging about his well-behaved baby. The 40-year-old actor and his wife, Fergie of the Black Eyed Peas, welcomed their first child, Axl Jack, on Aug. 29.

"What's surprised me the most is how well behaved he is. I was expecting a crying baby all the time and he's been really mild-mannered," Duhamel said.

But he's aware of what could be in store if the couple ever decides to expand the brood. "I think somehow biology, the universe, whatever, you know, gives you like a pleasant baby first so that you have another one, procreate, and then the next one's a holy terror and then you really realize what being a new parent is all about," joked Duhamel.

**THE ASSOCIATED PRESS**

Desperate Housewives

## Sheridan's case against ABC nixed

A judge has dismissed actress Nicollette Sheridan's long-running lawsuit against ABC over her firing from the hit series *Desperate Housewives*. He ruled the case couldn't proceed because the actress should have exhausted her claims to a labour commissioner before pursuing a trial.

**THE ASSOCIATED PRESS**

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's *Agents of S.H.I.E.L.D.*

speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

Agent Coulson is also a master of the dry quip, courtesy of Gregg. "No matter what the line, Clark always makes it sound so classy and cool," said Tancharoen.

"The show doesn't take itself too seriously," Gregg

notes gratefully during a recent chat in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, *The West Wing*, where he had a recurring role as, yes, an FBI special agent.

**THE ASSOCIATED PRESS**

## Tour cancelled. Mahone is being treated for blood clot

Teen singer Austin Mahone has postponed his tour and is being treated for a blood clot in his throat. A representative for the 17-year-old said in a statement that Mahone was admitted to the hospital Thursday with a 40 C temperature. The rep adds that he's dealing with "extreme inflammation in his throat as well as severe dehydration."

**THE ASSOCIATED PRESS**



Austin Mahone performs in New York on Oct. 11. INVISION/THE ASSOCIATED PRESS



From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's *Agents of S.H.I.E.L.D.* JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

# Agent Coulson, man of steel (and milquetoast)

2 SCENE





Kristen Bell and Dax Shepard

## Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done

it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.



Gwyneth Paltrow

## Vanity Fair smell an affair as they begin probing Paltrow's love life

The much-buzzed-about take-down of Gwyneth Paltrow that Vanity Fair is planning will reportedly detail a rumoured affair the Oscar-winning actress had with real estate developer Jeffery Soffer, according to Page Six. "Vanity Fair is asking if Gwyneth had an affair with Jeff back in 2008 when he reopened the Fontainebleau (hotel)," a source says.

"He flew her in for the party, and she stayed at his house," Paltrow and husband Chris Martin will celebrate their 10th anniversary in December, and Soffer recently married Elle Macpherson. The source said the author of the article is also looking into Paltrow falling out with pal Madonna and her early-career casting couch experiences.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop Goes The Week



## What's wrong Charlie, you don't like money?

STARGAZING  
Malene Arpe  
scene@metronews.ca

Possible reasons Charlie Hunnam left the production of *50 Shades Of Grey*. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle."

Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Lady Gaga is reportedly trying to buy graphic hospital photos of Michael Jackson's 1984 burn injury. It was either that or start collecting spoons of the world.

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

Robin Thicke said of *Blurred Lines* that "I wrote it about my wife. She's my good girl. And I know she wants it because we've been together for 20 years." A random sampling of people on the street said of Robin Thicke, "blerrrrfff" and "pornauseating."



Colin Farrell. ALL IMAGES GETTY

## Ex hellraiser Farrell recalls his crazy drug-filled days

Colin Farrell isn't afraid to discuss his hard-partying, pre-rehab past, explaining that when he'd finally sought treatment after filming *Miami Vice*, he felt like his body was dying. "I'd gotten out of control. For years I could indulge

in certain things," Farrell says in a recent *The Late Late Show* interview. "I had quite a high tolerance for various drugs for years, I thought. It accumulated to the point where I couldn't put my foot on the brake anymore."



Zac Efron

## Efron keeps it low key and all boys for birthday bash

Zac Efron celebrated his 26th birthday with a round of golf with his dad during the day and small shindig with friends — no girls allowed — at the Chateau Marmont, according to *Us Weekly*. The former *High School Musical* star, who

completed a stint in rehab earlier this year for reported problems with cocaine and alcohol, was joined by Robert Pattinson, Joe Jonas and his *That Awkward Moment* co-star Michael B. Jordan for the festivities.

### Twitter



**@Josswhedon**  
"Friendzone" means any woman who doesn't have sex w/a guy is doing him an injustice. The term debases everyone. Can we retire it?



**@ChloeGMoretz**  
Tomorrow! Japan!!



**@oliviawilde**  
The fact that the valet guy just called me "sir" isn't as awesome as how long it took his buddy to convince him he was wrong.



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FAMILY

13

### Skin care

#### Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of *Skin Rules*, lets you in on your new skin-care routine.

#### What are some skin issues for pregnant women?

One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discoloration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also

to take short showers and avoid hot water.

#### How should pregnant women take care of their skin?

It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

#### Are there any products to avoid?



Pregnant women should avoid retinol. iStock

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

#### Exclusively online



Are your kids ready to pop some hashtags? Find out with Metro content from Lyrranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at [metronews.ca/voices](http://metronews.ca/voices). Hashtag your reasons on social media to #reasonsmommydrinks

# All fun and games till your kid's schedule stresses everyone out

**Extracurricular activities.** Are hockey, soccer, tennis, swimming and piano lessons too much?



IT'S ALL  
RELATIVE  
Kathy Buckworth  
[KathyBuckworth.com](http://KathyBuckworth.com)

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of *Get Smart* or *The Partridge Family*.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book *Shut Up & Eat* was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shock-

ing.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?



Parents should choose their child's activities carefully. iStock

# 3 TIPS

**TOP SIX @ 6** Weeknights at 6 KS counts down the HOTTEST songs of the day

- Justin Timberlake TKO
- Britney Spears Work Work
- Miley Cyrus Wrecking Ball
- Drake Hold On, We're Going Home
- Katy Perry Roar
- Lorde Royals

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# Nutty Thumbprint Cookies get two thumbs way up

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to

## Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread



This recipe makes 65 cookies. PRESIDENT'S CHOICE

creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15

ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet.

While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. **PRESIDENT'S CHOICE**

## Dessert. Yogurt Panna Cotta & Raspberry Coulis



1. Mix gelatin with 50 ml (1/4 cup) of the milk and let stand for 10 minutes.

2. Heat remaining milk but don't boil. Remove from heat and stir in gelatin until completely dissolved. Let cool for 5 minutes.

3. Add lemon zest and juice to yogurt. Blend remaining milk into yogurt. Pour into 6 decorative moulds and refrigerate until set, at least 4 hours.

4. To unmould ramekins, run a small knife around the edge of each ramekin, put a plate on top and flip ramekin over. Pat it a few times to help release panna cotta and then carefully lift ramekin off.

5. Raspberry Coulis: Purée coulis ingredients together in a blender and strain. Spoon around base of unmoulded panna cotta.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

## Ingredients

- 1 pouch (7 g/1/4 oz) un-flavoured gelatin
- 250 ml (1 cup) milk, divided
- 5 ml (1 tsp) grated lemon zest
- 45 ml (3 tbsp) lemon juice
- 500 ml (2 cups) 2 per cent vanilla yogurt
- Raspberry Coulis**
- 300 ml (10 oz) raspberries
- 15 ml (1 tbsp) sugar

# Spread it all over bread or eat it from the jar, we won't tell

Remember when Fluffernutter sandwiches were all the rage? This DIY Nutella-Marshmallow spread reimagines the idea with chocolate-hazelnut flavour instead of peanut butter.

1. In a medium saucepan over medium-high heat, combine the water, sugar and corn syrup (or honey). Stir gently to combine. Insert a candy thermometer and heat, without stirring, until the mixture reaches 240 F.

2. Meanwhile, when sugar syrup begins to form large bubbles, and the thermometer reads about 225 F to 230 F, place the egg whites and cream of tartar in the bowl of a stand mixer and beat the whites to soft peaks. This should take about 4 minutes.

3. By the time the whites are whipped, the sugar syrup should be at 240 F. Remove from the heat and with the mixer running, carefully pour the syrup in a thin, steady stream into the whites. The

whites will deflate slightly at first, but as the sugar syrup becomes incorporated, they will thicken, turn white and begin to fluff up.

4. Continue to whip the mixture for 7 to 8 minutes, or until very thick and glossy. Add the vanilla and whip for another minute. Remove the bowl from the mixer, then fold in the Nutella until mixed, but not blended. Transfer to an airtight container. The spread can be stored at room temperature for 2 weeks. **THE ASSOCIATED PRESS/ RECIPE ADAPTED FROM THE KING ARTHUR FLOUR CO.**

## Ingredients

- 1/3 cup water
- 3/4 cup sugar
- 3/4 cup corn syrup or honey
- 3 egg whites, room temperature
- 1/2 tsp cream of tartar
- 1 tsp vanilla extract
- Half of a 13-oz jar of Nutella

Healthy eating

## Choose it and lose it

No meal is complete without a sweet ending, but some seasonal treats are loaded with sugar.



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### Pumpkin pie

**466 calories / 45 g sugar**  
Pumpkin pie will be all around us this season. A butter graham crust and creamy filling adds up quickly.

Equivalent

One slice of pumpkin pie is equal in sugar to 22 Timbits.





### 6 President's Choice mini chocolate eclairs

**270 calories / 12 g sugar**  
Six eclairs give you almost half the calories and a fraction of the fat of the pumpkin pie.



This recipe makes four cups. MATTHEW MEAD/ THE ASSOCIATED PRESS





Paul MacLean

CONTRIBUTED

# TRUNORTH PROVIDES THE SOLUTIONS

Paul MacLean may not be a new face in Burnside but his address is. MacLean recently joined the team at TruNorth Communications, one of Atlantic Canada's largest wireless communications companies. He has worked in the communications industry for more than 20 years.

"A lot of people across Atlantic Canada know me. I've been doing business with them for a long time. I'm excited about this new opportunity both for myself and for my clients."

MacLean's long-term customers also know TruNorth provides full-service solutions that can be more cost-effective and as reliable as cellphone communication.

"We deliver everything from a two-way radio rental to digital radio dispatch to complex broadband system," he says. "We provide a comprehensive and innovative suite of broadband, voice, data communication sales and services to residential, commercial, government and energy sectors."

With a team of 10 dedicated employees with more than 100 years combined experience in the industry, TruNorth services and supports a full range of wireless communications services.

TruNorth clients can start with a small system and build from there.

"These days you can do so much more with radio. Features like GPS vehicle tracking and text messaging have changed the face of two-way communications."

## ULNOOWEG IS MAKING COMMUNITIES STRONGER

For Aboriginal communities in Atlantic Canada, strength often comes as a result of business success. Making communities strong is one of the goals of Ulnooweg Development Group.

The organization has been providing loans and business services to Aboriginal entrepreneurs and business owners across Atlantic Canada since 1986, helping them take their businesses to the next level.

Ulnooweg provides a variety of loans tailored to the diverse needs of its clients, with a flexible range of interest rates and repayment periods. Aboriginal business owners can access loans up to a value of \$250,000.

"Ulnooweg offers flexible loan repayment plans that will work with your specific business situation," says Ulnooweg general manager Christopher Googoo.

Loans include Ulnooweg youth business loans of up to \$15,000 available to Aboriginal business owners age 35 or younger; and the small loan program for the cottage craft industry that provides loans of up to \$1,000 to help cottage craft industries with tools,



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raw materials, marketing and other needs.

Starting this year, Ulnooweg also offers non-repayable contributions of up to \$99,999 to Aboriginal entrepreneurs and up to \$250,000 to community-owned Aboriginal businesses — business development support designed to help with a wide range of business activities.



**Providing**  
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Business Advisory Services  
Atlantic Aboriginal Online Business Directory

**NEW** - Ulnooweg is now managing the Aboriginal Business Development Contribution Program to help Aboriginal Entrepreneurs purchase or expand their business. In addition, non repayable contributions are available to assist with business plans, marketing and other eligible support services\*

\*all contributions are subject to eligibility criteria and available funding

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# COMMON VALUES — A SOCIAL ENTERPRISE

## TARTAN HOOPS SELLING FITNESS AND FUN

Christina Demyen calls herself a “hula hoop artisan.” It’s an unusual vocation to be sure, one she learned working with a hula hoop dance company in Montreal.

“We’re not talking about the kind of hula hoops that everyone played with as kids,” she says. “My hoops are larger, much heavier and they are built from scratch.”

They are also colourful, wrapped in fabric and tape in a variety of customized patterns.

Today, Demyen is using her home-based business called Tartan Hoops to transform the toy that many of us played with as kids into a serious piece of exercise equipment, a dance prop and a new social event. She is creating some beautiful hoop art at the same time.

“Tartan Hoops was a great example of the kinds of products we look for,” says Mike Little, director of planning and development with Affirmative Ventures, an organization that operates Common Values, a social enterprise market that offers opportunities to marginalized entrepreneurs where they can test market their products in an incubator environment. Little started carrying Tartan

Hoops products at Common Values — A Social Enterprise on Cunard Street after discovering them in a Dartmouth shop.

Little is looking for other entrepreneurs to share their stories.

“We are trying to create a theme called A Hundred Stories in Common Values, stories of social enterprise that we can share at our store.”

Demyen says demand for her hula hoops has been increasing quickly in the last year. She gets calls for custom orders and often produces special hoops for dance companies and gymnastic teams. There is also a small but growing movement that uses the hoops for meditative practice or as a way to fight depression.

“There are some awesome health benefits that come with using them,” she says. “They provide a great workout, and they have that real sense of play that adults need when they get into physical fitness.”

In fact, the exercise benefits of hula hooping are comparable to running or a cardio workout at the gym. A hula hoop session can burn 600 calories per hour and the hoop is a relatively inexpensive tool that can go anywhere.



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## FINDING INSPIRATION THROUGH PAINT

Many new Canadians see Halifax as a place of opportunity. For Inae Kim, the city was a source of artistic inspiration.

Kim immigrated to Canada from her native South Korea 16 years ago. The new world she saw in the streets of Halifax made her want to take up her paintbrush.

“Halifax was so inspiring to me,” she says. “I love the old wooden buildings, the structures and lines. It’s not like back home in Korea where there are lots of big buildings and apartments. Here, the houses are small and the colours are beautiful.”

Kim started painting Halifax in water-colour six years ago. She had majored in fine art and been a graphic designer in Korea before she married her husband and her oldest child was born. Her canvases are spectacular — detailed scenes of Halifax’s historic buildings splashed in bold, dramatic colours. Today, her original paintings are much sought after by collectors and art lovers, and she sells her



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reproduction prints and cards at Common Values — A Social Enterprise on Cunard Street.

Mike Little is director of planning and development with Affirmative Ventures, an organization that operates Common Values, a social enterprise market that offers opportunities to marginalized entrepreneurs where they can test market their products in an incubator environment. Founded more than 20 years ago as a way to provide employment, training

and other community services for Nova Scotians who are marginalized, Affirmative Ventures operates three businesses in HRM, including a unique pet supply delivery service and pet groomer called Petstuff On The Go, and Mort’s Convenience, a convenience store located in a Dartmouth seniors’ complex.

“Inae’s art is so unique, it’s a great new addition for us,” Little says. “She was referred to us through ISIS (Immigrant Settlement and Integration Services).

## GIVING A DARN ABOUT YARN

For Gayle Walford, dirty linen is a growing business. When Walford moved to rural Nova Scotia from British Columbia a year ago, she had a hard time finding a source of old linens for her craft.

The solution came from Capital Health. Today, the health authority provides Walford’s business, Give A Darn Yarn, more than 100 kilograms of raw materials every week. She dyes the linen in a multitude of colours, cuts it into strips and sends it to a team of people at Apple Tree Industries, a workshop for people with intellectual and physical disabilities.

Some of the finished product is sold at Common Values — A Social Enterprise in Halifax.

“We’re keeping a lot of old linen out of the landfill and creating a worthwhile product at the same time,” she says.





## Affirmative Ventures

Living. Working. Investing.



## Creating Economic Independence for Marginalized Nova Scotians.

### Who we are:

Affirmative Ventures is an innovative not-for-profit business that invests in marginalized Nova Scotians who strive to join the workforce, live independently or start a business.

We offer opportunities to grow personally & professionally through skills development programs & community employment within businesses.

Businesses owned and operated by the organization include **Common Values**, **Petstuff on the Go** and **Mort's Convenience Store**.

We also provide affordable housing for clients at Affirmative House with the 'Horizon Project' currently under development.

### Join us at our Gala Open House Event:

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## Immigrant Business Networking in Motion

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Interactive map + event details:

[www.isisns.ca/networkinginmotion](http://www.isisns.ca/networkinginmotion)



# IT'S TIME TO BUY INTO E-COMMERCE

E-commerce is revolutionizing the way Canadians do business, but Canadian entrepreneurs are missing out.

Just 10 per cent of small businesses were selling online last year, Statistics Canada says. Meanwhile, Canadian consumers spent an estimated \$21 billion on online purchases last year, up nearly 30 per cent in just two years, according to research firm eMarketer.

"The world is moving toward this type of commerce," says Anita Bezeau, assistant vice-president, information and communication technology solutions at the Business Development Bank of Canada (BDC). "Canadians are online, but Canadian businesses aren't there. The result is Canadian consumers are buying online from the U.S. and other countries."

The good news is that it's never been easier or cheaper to get started in e-commerce. No longer do businesses need

## TIPS FOR SUCCESS

- 1** Start small: Don't get bogged down trying to create a huge, high-end website featuring hundreds of products.
- 2** Test and learn: Don't expect to succeed with your first efforts. "It's really about learning," says Anita Bezeau, assistant vice-president, information and communication technology solutions at the Business Development Bank of Canada (BDC). "Technology allows us to do and test quickly and economically."

to invest huge sums in an e-commerce website. You can create a sales-ready site with no programming knowledge using free services such as OpenCart and PrestaShop, or inexpensive providers



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such as Shopify and eBay Stores.

These sites come with an online shopping cart, product catalogues and the ability to pay via credit cards or other methods, such as PayPal. Also included are options for customer reviews and feedback, and data on your sales to help you track performance.

"If you know how to use email, you can build an e-commerce site in 15 minutes," says Harley Finkelstein, chief platform officer at Shopify, a leading e-

commerce website provider.

E-commerce can level the playing field for small businesses, including those in small towns, Finkelstein says. Online sales allow you to punch far above your weight in attracting customers. With a well-designed website, a small business can reach as many people online as a much larger company. Plus, your site can be seen worldwide 24 hours a day, and Internet marketing tends to be cheaper than traditional methods.



**Are you a new Canadian Citizen or a permanent resident in Nova Scotia?**



**The CDÉNÉ is offering services to French-speaking immigrants who would like to start their own business or buy an existing one.**

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## CDÉNÉ HELPS IMMIGRANTS

Moving to a new home can be confusing enough for people from countries where English isn't the first language. But what if a French speaking immigrant wants to start a business?

Nova Scotia's culture can be different for these people, says Nadège Oubda, business adviser for francophone immigrants with Le Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ).

"The challenge is that people like to do business with people they know," she says. "For a new immigrant, it can be hard to get to that point."

CDÉNÉ has been helping francophone immigrants once they arrive in Nova Scotia since 2005. The non-profit organization's mission is to improve the economic well-being and quality of life of Acadians and francophones in Nova Scotia by showing innovative leadership in economic development and employability. Through its leadership, CDÉNÉ assists and supports the Acadian and francophone regions in economic development, in accessing a qualified workforce and in promoting the Acadian and francophone business community.

"We provide counselling for writing business or marketing plans, connecting with



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local entrepreneurs and financial institutions, overcoming challenges" Oubda says. "We help them to connect with other people in the community to exchange their experiences with other entrepreneurs in similar circumstances."

Oubda is currently working with about 20 entrepreneurs from francophone countries. They take part in business development workshops, get inspiration from the success stories of other immigrant entrepreneurs and network to discover where business opportunities lie.



# KEEP YOUR BUSINESS COMMUNICATIONS SECURE

## INTERNETWORKING ATLANTIC INC.

There is a scary closet somewhere in the office. It's the one full of wires and servers where strange whirring sounds can be heard along with the occasional curse from the IT professional when something goes wrong.

A Maritime company, Internetworking Atlantic Inc. (IAI), helps business get rid of their server closets by housing their information in a secure location in downtown Halifax and connecting to it by a private, fast fibre network.

By hosting information off-site, commonly referred to as a cloud, businesses enjoy unlimited bandwidth along with security, privacy and reliable service. Using a direct link to the servers, instead of over the Internet, gives customers peace of mind, security and reliability. Plus, customers no longer need to make room for energy-hungry servers. It's also cost-effective and a zero-capital alternative.

With more than a decade connecting



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Maritime businesses, IAI has an extensive fibre network throughout the Maritimes including HRM. And with the Valley Community Fibre Network, IAI connects the Annapolis Valley to the HRM.

But that's not all that IAI can do.

IAI uses its extensive network infrastructure and data centre capabilities to provide the best in IP telephone services, which means customers can have a competitively-priced phone system with

feature-rich options, and minimal up-front capital costs for a professionally managed system.

When it comes to web hosting, IAI doesn't stop there. It guarantees a high degree of performance by constantly monitoring websites to ensure speed and reliability.

Many businesses don't want to deal with the headache of managing email systems. So leave it to IAI. It manages the

## CLOUD BENEFITS

Some benefits of IAI's cloud services include: IAI's virtual servers can grow with your business; pay only for what you use — IAI customers buy only the CPU, disk, and memory resources needed; no capital costs — Customers use IAI servers and infrastructure; secure hosting — all information is securely hosted in IAI's data centre, which is supported by backup power, a controlled environment, and UPS services; customers can access IAI's professional team for consulting, as well as for implementation and management services.

hardware, software and storage of email systems securely for its customers.

Many organizations, especially big, commercial institutions, depend on fast, reliable Internet service. This is where IAI comes in — it provides sustained rate Internet connectivity with committed bandwidth connections.



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# DRAWING ATTENTION TO LOCAL BUSINESS

Local matters to Dartmouth.

John Dalton recently opened Big Life Whole Foods, a bakery that supplies local businesses and residents.

“We have definitely found that the businesses in the area support each other,” he says.

“One example — we were approached by Kept and The D’Art Gallery to cater for their grand openings, which was a great way for all of us to draw attention to our respective businesses.”

Dalton says business is burgeoning downtown and there is a community of people who want to see it thrive.

Matthew Moir, of Weldon McInnis Barristers and Solicitors, says working with other Downtown Dartmouth Business Commission members helps everyone.

“Businesses seem to regard each other as pulling on the same rope and there are still many which remember times which were less prosperous than they are today,” he says. “There is the sense of a mutual respect.”

Matt Gass, co-owner of The Wooden Monkey, says downtown Dartmouth is poised for a boom. Many new businesses and residential spaces have opened in recent years.

“I think some businesses may be afraid to be one of the first to jump right in, but



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all it will take is a few more great companies, restaurants, stores or businesses to open up downtown and I think the snowball effect will take over,” he says.

Gass says that while there is competition for business, there is also strategic collaboration among businesses.

“Downtown Dartmouth folks support

each other for sure,” he says. “Speaking for The Wooden Monkey, specifically, we have had a lot of calls at the restaurant for Dartmouth-based companies looking to book Christmas parties. One consistent thing I am hearing from people doing business in Dartmouth is that they want to spend their money in Dartmouth.”

## KEEPING IT IN THE NEIGHBOURHOOD

If you walk into Marc Rickard’s Bike Pedaler, you will hear local music and see local artwork as you browse the bikes. He goes local to support locals, who can then in turn support him.

“The (local) employees are able to use alternative transport because they are working in their neighborhood,” he says. “It reduces the need to head out to a big box store because they can go and see their friend, who can provide the items they need within walking distance of work.”

Rickard says living, working and shopping locally improves quality of life, increases free time and helps the environment.

“They are not sitting in rush-hour traffic idling their car, they are supporting local farmers who do not use all the chemicals to grow their industrial size crops.

“All of this results in a better local economy, a better sense of community and more money staying in the neighborhood.”

## FOSTERING A SENSE OF PRIDE IN THE COMMUNITY

When Charlotte Jewer and Alexandra Sims decided to open Kept, a shop mixing contemporary art with jewelry and home décor, downtown Dartmouth was an easy choice.

“It’s an excellent place to start a new business,” Jewer says. “There is such a vibrant community over here that is very supportive of new ventures. As a retail business owner, we have also been able to do more with our inventory and advertising by saving on our rent in an up-and-coming part of town.”

She sees customers from Halifax enjoying a ferry ride across the harbour to take advantage of the mix of shops and cafés along the leafy streets.

That’s especially true on Saturday, when people pile into Alderney Landing for the farmers’ market.

“It creates a strong sense of community in the downtown and helps to foster a sense of pride of place,” Jewer says. “We also feature some regular vendors from the market in our shop.”

Ursula Prossegger, of Urchin Property Management, says the Downtown Dartmouth Business Commission (DDBC) makes the area a great incubator for businesses.

“Set-up costs, rents and contractual obligations are minimal by Metro standards,” she says. “More flexibility is given in operating a business in downtown as compared to shopping malls and districts where strict guidelines, such as opening hours, must be adhered to. The business community here is very loyal to each other.”

Alyson Roberts, owner of Portland



CONTRIBUTED

Physiotherapy Health & Wellness Centre, says the DDBC’s monthly networking meetings called Business Links help business owners identify markets, strategize for growth and develop marketing.

“I was always so impressed by the attendance, with about 30 business people

there. I thought that was quite special and a unique culture.”

Alderney Landing acts as a mall-like anchor drawing people, who then spill over to other downtown businesses.

“It’s a great central gathering area for other businesses to spring off of.”





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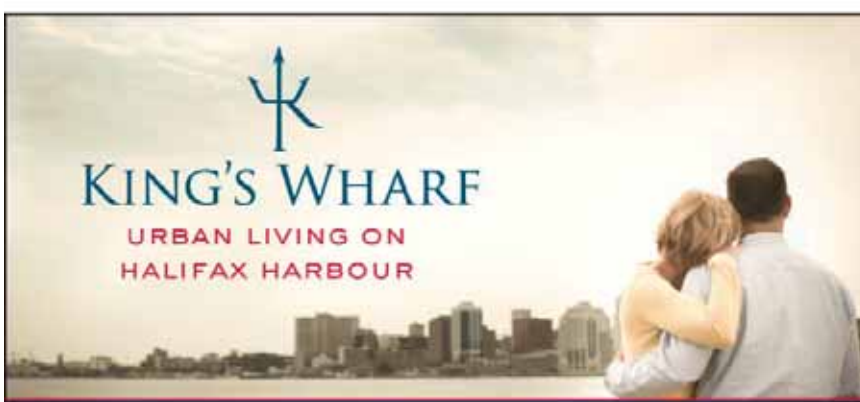
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## 'Round the world wisdom

**Facing adversity? Be your words not your feelings**

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT  
Stefan Danis  
life@metronews.ca

As individuals our word is our bond. It is a measure of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was

set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

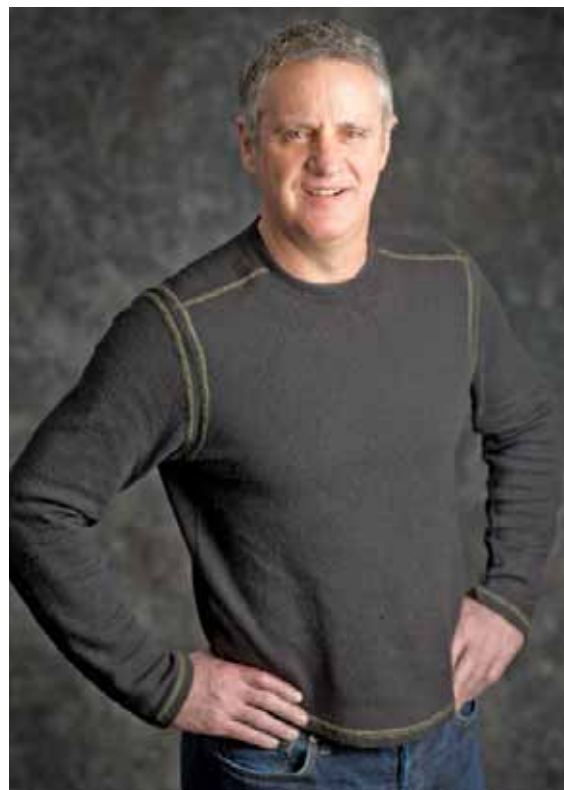
# Legends of the labour force

**Back in my workday...** Author of *A Good Day's Work* hopes to preserve memory of Canada's vanishing jobs

When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found *A Good Day's Work* had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive



"I think it's good for people and hopefully future generations to know that these people walked the Earth," says author John DeMont of the individuals profiled in his new book. THE CANADIAN PRESS

## Passé professions

*A Good Day's Work* profiles a variety of disappearing vocations

- Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.

adian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in *A Good Day's Work*, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multi-city book tour.

THE CANADIAN PRESS

## Cool careers

**"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."**

John DeMont  
Author of *A Good Day's Work*

*Day's Work*, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Can-

way."

*A Good Day's Work: In Pursuit of a Disappearing Canada* (Doubleday Canada) seems a natural followup to his previous book, 2009's *Coal Black Heart: The Story of Coal and the Lives it Ruled*, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.

And as the author writes in the prologue of *A Good*

## Digitally doing good

## Making the world a greater place on the go

We365, a free digital platform which allows young people to track and verify their volunteer activities for school, launched on Friday with the introduction of an app and

a website. The platform provides the tools needed to fundraise, take action, and amplify messages for thousands of different charities. Members are encouraged to find and share inspiring content with like-minded users and friends, all while supporting causes most important to the individual. Visit [we365.com](http://we365.com) for more details.

METRO



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AUS football

## Huskies fall to Mounties

The Saint Mary's Huskies dropped a 27-24 decision to the Mount Allison Mounties in Atlantic University Sport Football action on Friday.

The Mounties' Troy Trentham caught a 57-yard pass for a touchdown to put Mount Allison ahead for good early in the fourth quarter. The Huskies (4-3) have already earned a spot in the post-season. Huskies quarterback Jack Creighton completed 13 of 28 attempts, passing for 232 yards while recording two interceptions. Melvin Abankwah led the Huskies receivers with 104 yards. It was the first time Mount Allison beat Saint Mary's in Halifax since 1997. **METRO**

AUS hockey

## Tigers, Huskies winless in openers

The Dalhousie Tigers and Saint Mary's Huskies got off to unfortunate starts, losing their opening games of the Atlantic University Sport hockey season over the weekend.

The Tigers started their season with a 5-1 loss to the UPEI Panthers on Friday night. On Saturday, the Saint Thomas Tommies edged Dalhousie 4-3. Patrick Daley drew the Tigers within one early in the final frame but it was too little too late. The Huskies fell 5-1 to the Moncton Aces Blues on Saturday, and lost 5-3 to the UNB Varsity Reds on Sunday.

**METRO**

# Drouin returns as Herd get weekend split

**QMJHL.** Mooseheads' star forward returned to lineup on Friday with three assists



ANDREW RANKIN

andrew.rankin@metronews.ca

It wasn't the weekend Dominique Ducharme was hoping for, but in the end, he settled for his club's 1-1 record.

"We're not happy with the loss, but we're getting better as a group," said Halifax Mooseheads head coach Dominique Ducharme. "It's a new group, and that's part of the process."

Despite outshooting the Rouyn-Noranda Huskies 38-21, the Mooseheads fell 5-3 at the Metro Centre on Saturday night.

The Huskies trailed 2-1 in the second period before reeling off three-straight goals to take the lead for good.

Rouyn-Noranda scored three times on just eight second-period shots. In the third, Halifax fired 21 shots at Huskies netminder Carl Hozjan, but couldn't find the back of the net.

Maxime St-Cyr scored a pair of goals while Justin Guenette, Jean-Sebastien Dea and Marcus Power rounded out the scoring for the Huskies.

Darcy Ashley scored twice to lead the Mooseheads, while Max Lindsay netted his first of the season.

Backup Kevin Darveau finished with 16 saves.

On Friday, the Moose-



Mooseheads forward Brent Andrews had a hat trick in Friday's win over Val-D'Or. JEFF HARPER/METRO

heads welcomed back Jonathan Drouin with a decisive 5-2 win over the Val-D'Or Foreurs.

After falling behind 1-0 at the midpoint of the first period, the Mooseheads roared back for four-straight goals putting the game out of reach early in the final frame.

Brent Andrews led the way with a hat trick for the Mooseheads (9-7).

"We played well on all levels, especially in our own end," said Andrews. "They're a pretty good offensive team, and we were able to contain them."

Drouin, who had missed three games with a groin injury, played in his first home game of the season, recording three assists.

Anthony Richard and Guillaume Gelinat responded

with goals for the Foreurs.

The Mooseheads announced on Friday that forward Ryan Falkenham would miss the rest of the season after having surgery to repair labral tears and impingements in both hips.

The Mooseheads are back in action Wednesday night against the Charlottetown Islanders at the Metro Centre. Puck-drop is 7 p.m.

## CFL. Alouettes' offence puts hurt on Hamilton



The Alouettes celebrate an S.J. Green touchdown on Sunday in Montreal. THE CANADIAN PRESS

Troy Smith threw three touchdown passes in his first CFL start as the Montreal Alouettes downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

S.J. Green, with two, and Arland Bruce were on the receiving end of TD throws from the 2006 Heisman Trophy winner, while Tyrell Sutton ran one in. Sean Whyte had two field goals as Montreal won for the third time in four games.

THE CANADIAN PRESS

NHL

## Blue Jackets crack winning code against Canucks

R.J. Umberger scored his first goal of the season with 8:46 left and the Columbus Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday night.

Curtis McElhinney, making his first appearance for the Blue Jackets in place of Vezina Trophy-winner Sergei Bobrovsky, had 37 saves.

THE ASSOCIATED PRESS

## NHL. Demoted backstop Biron chooses retirement

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week. He was assigned to the Hartford Wolfpack on Tuesday, but he did not report.

"After thinking about it with my family, I've decided to retire as a player and move on to a new chapter," Biron wrote on his Twitter account. "Thank you all for your support." **THE CANADIAN PRESS**

Biron's numbers

Martin Biron went 230-191-52 with a 2.61 goals-against average and .910 save percentage in 508 games with the Buffalo Sabres, Philadelphia Flyers, New York Islanders and New York Rangers.

- He gave up nine goals on 38 shots in two appearances this season before being waived.



# Cole Harbour kids set to clash in Pitt

**NHL.** MacKinnon, Crosby set to meet for first time in pros when Avalanche take on Penguins on Monday

Nathan MacKinnon has been compared to Sidney Crosby for much of his life. The two grew up in Cole Harbour both went No. 1 in the NHL draft.

Now they get to take a much closer look at each other.

MacKinnon and the Colorado Avalanche visit Crosby and the Pittsburgh Penguins on Monday night in the first NHL matchup of the pride of Cole Harbour.

The Avalanche and Penguins are each off to a 7-1 start, with MacKinnon and Crosby playing key roles. The 26-year-old Crosby has seven goals and 10 assists for a league-best 17 points. MacKinnon, who turned 18 on Sept. 1, has a goal and six assists.

MacKinnon called Crosby the best player in the world and said the centre is "on fire right now." But MacKinnon is focused on what he needs to do to help the Avalanche get another win.

"Any time he's out there when you're not on the ice, you sometimes get to enjoy



Nathan MacKinnon has seven points in his first eight NHL games.

GETTY IMAGES

and watch some good players when you're playing against them," he said. "But when you're out there, you don't worry about who you're playing against. You worry about what you have to do."

Crosby knows a lot about what MacKinnon is going through in his first year in the NHL. Crosby, who was the No. 1 pick in the 2005 draft, faced high expectations when he was an 18-year-old rookie and had 102 points in his first season with Pittsburgh.

## Quoted



**"It hasn't taken them long to get used to NHL hockey. They've adjusted well."**

Sidney Crosby on top rookies Nathan MacKinnon and Seth Jones

MacKinnon became one of the league's top prospects when he starred in Halifax for the Mooseheads in the previous two seasons. He was the most valuable player of the Memorial Cup in May, leading his team to the title.

"Obviously he skates really well, and I don't think you see too many young guys that can shoot the puck like he can in their first year," Crosby said. "I think he's got a great shot. I think he's got all the tools — really good hands, he works hard, and he's not afraid to go into traffic areas and create chances that way. So I think he gives himself a lot of opportunities to create things."

The Avalanche struggled during last year's lockout-shortened season, but they have been one of the league's surprise teams so far this year under new coach Patrick Roy, a Hall of Fame goaltender.

THE ASSOCIATED PRESS

## NFL

### Rodgers shines as Packers top Browns

Aaron Rodgers, despite an undermanned cast, vs. Brandon Weeden was no contest. Rodgers threw for 260 yards and three touch-

downs, Eddie Lacy ran for another score, and the Packers grinded out a 31-13 win Sunday over the Cleveland Browns. THE ASSOCIATED PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

|           | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| Detroit   | 9  | 6 | 3 | 0  | 24 | 23 | 12 |
| Toronto   | 9  | 6 | 3 | 0  | 30 | 22 | 12 |
| Boston    | 7  | 5 | 2 | 0  | 20 | 10 | 10 |
| Montreal  | 8  | 5 | 3 | 0  | 26 | 15 | 10 |
| Tampa Bay | 8  | 5 | 3 | 0  | 26 | 21 | 10 |
| Ottawa    | 8  | 3 | 3 | 2  | 21 | 24 | 8  |
| Florida   | 9  | 3 | 6 | 0  | 20 | 32 | 6  |
| Buffalo   | 10 | 1 | 8 | 1  | 13 | 28 | 3  |

#### METROPOLITAN DIVISION

|              | GP | W | L | OL | GF | GA | Pt |
|--------------|----|---|---|----|----|----|----|
| Pittsburgh   | 8  | 7 | 1 | 0  | 31 | 19 | 14 |
| Carolina     | 9  | 4 | 2 | 3  | 22 | 26 | 11 |
| NY Islanders | 8  | 3 | 3 | 2  | 25 | 23 | 8  |
| Columbus     | 8  | 3 | 5 | 0  | 19 | 22 | 6  |
| Washington   | 8  | 3 | 5 | 0  | 21 | 25 | 6  |
| New Jersey   | 8  | 1 | 4 | 3  | 17 | 26 | 5  |
| NY Rangers   | 7  | 2 | 5 | 0  | 11 | 29 | 4  |
| Philadelphia | 8  | 1 | 7 | 0  | 11 | 24 | 2  |

#### Sunday's results

Columbus 3 Vancouver 1  
Anaheim 6 Dallas 3  
Nashville 3 Winnipeg 1

#### Saturday's results

Pittsburgh 4 Vancouver 3 (SO)  
Edmonton 3 Ottawa 1  
Colorado 4 Buffalo 2  
Florida 2 Minnesota 1 (SO)  
Nashville 2 Montreal 1  
Chicago 3 Toronto 1  
Boston 5 Tampa Bay 0  
New Jersey 4 NY Rangers 0  
Washington 4 Columbus 1  
Carolina 4 NY Islanders 3  
Phoenix 5 Detroit 2

### WESTERN CONFERENCE

#### CENTRAL DIVISION

|           | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| Colorado  | 8  | 7 | 1 | 0  | 27 | 12 | 14 |
| Chicago   | 8  | 5 | 1 | 2  | 23 | 19 | 12 |
| St. Louis | 7  | 5 | 1 | 1  | 27 | 19 | 11 |
| Nashville | 9  | 5 | 3 | 1  | 19 | 22 | 11 |
| Minnesota | 9  | 3 | 3 | 3  | 19 | 22 | 9  |
| Winnipeg  | 9  | 4 | 5 | 0  | 22 | 25 | 8  |
| Dallas    | 8  | 3 | 5 | 0  | 20 | 28 | 6  |

#### PACIFIC DIVISION

|             | GP | W | L | OL | GF | GA | Pt |
|-------------|----|---|---|----|----|----|----|
| San Jose    | 8  | 7 | 0 | 1  | 39 | 16 | 15 |
| Anaheim     | 8  | 7 | 1 | 0  | 30 | 19 | 14 |
| Phoenix     | 9  | 5 | 2 | 2  | 27 | 26 | 12 |
| Los Angeles | 9  | 6 | 3 | 0  | 24 | 22 | 12 |
| Vancouver   | 10 | 5 | 4 | 1  | 27 | 29 | 11 |
| Calgary     | 7  | 3 | 2 | 2  | 23 | 26 | 8  |
| Edmonton    | 9  | 2 | 6 | 1  | 26 | 36 | 5  |

Note: Two points for a win, one point for overtime loss.

San Jose 6 Calgary 3

Los Angeles 5 Dallas 2

#### Monday's games — All Times Eastern

San Jose at Detroit, 7:30 p.m.  
Colorado at Pittsburgh, 7:30 p.m.  
Calgary at Los Angeles, 10:30 p.m.

#### Tuesday's games

Anaheim at Toronto, 7 p.m.  
Vancouver at NY Islanders, 7 p.m.  
New Jersey at Columbus, 7 p.m.  
Chicago at Florida, 7:30 p.m.  
Edmonton at Montreal, 7:30 p.m.  
Washington at Winnipeg, 8 p.m.  
Nashville at Minnesota, 8 p.m.  
Calgary at Phoenix, 10 p.m.

## MLB PLAYOFFS

### ALCS

#### BOSTON RED SOX VS. DETROIT TIGERS

(Boston wins series 4-2)

#### Saturday's result

Boston 5 Detroit 2

### NLCS

#### ST. LOUIS CARDINALS VS. L.A. DODGERS

(St. Louis wins series 4-2)

#### Friday's result

St. Louis 9 L.A. Dodgers 0

### WORLD SERIES

(Best-of-7)

#### ST. LOUIS VS. BOSTON

#### Wednesday's game — All Times Eastern

St. Louis (Wainwright 19-9) at Boston

(Lester 15-8), 8:07 p.m.

#### Thursday's game

St. Louis at Boston, 8:07 p.m.

#### Saturday's game

Boston at St. Louis, 8:07 p.m.

## CFL

### WEEK 17

#### EAST DIVISION

|            | GP | W  | L  | T | PF  | PA  | Pt |
|------------|----|----|----|---|-----|-----|----|
| x-Toronto  | 16 | 10 | 6  | 0 | 451 | 414 | 20 |
| x-Hamilton | 16 | 8  | 8  | 0 | 389 | 437 | 16 |
| x-Montreal | 16 | 7  | 9  | 0 | 412 | 424 | 14 |
| Winnipeg   | 16 | 3  | 13 | 0 | 333 | 512 | 6  |

#### WEST DIVISION

|                | GP | W  | L  | T | PF  | PA  | Pt |
|----------------|----|----|----|---|-----|-----|----|
| x-Calgary      | 16 | 13 | 3  | 0 | 513 | 362 | 26 |
| x-Saskatchewan | 16 | 11 | 5  | 0 | 468 | 339 | 22 |
| x-B.C.         | 16 | 9  | 7  | 0 | 435 | 425 | 18 |
| Edmonton       | 16 | 3  | 13 | 0 | 362 | 450 | 6  |

#### Sunday's result

Montreal 36 Hamilton 5

#### Thursday's game — All Times Eastern

Winnipeg at Toronto, 7:30 p.m.

#### Friday's game

Edmonton at B.C., 10 p.m.

#### Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

## NFL

### WEEK 7

#### Sunday's results

Cincinnati 27 Detroit 24

San Diego 24 Jacksonville 6

Carolina 30 St. Louis 15

Washington 45 Chicago 41

N.Y. Jets 30 New England 27

Buffalo 23 Miami 21

Dallas 17 Philadelphia 3

Atlanta 31 Tampa Bay 23

San Francisco 31 Tennessee 17

Green Bay 31 Cleveland 13

Kansas City 17 Houston 16

Pittsburgh 19 Baltimore 16

Indianapolis 39 Denver 33

#### Monday's game — All Times Eastern

Minnesota at N.Y. Giants, 8:40 p.m.

## MLS

#### Sunday's results

New York 3 Houston 0

San Jose 0 Los Angeles 0

#### Saturday's results

Montreal 2 Philadelphia 1

FC Dallas 2 Seattle 0

Colorado 3 Vancouver 2

New England 3 Columbus 2

Chicago 1 Toronto FC 0

Portland 0 Real Salt Lake 0

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October 21

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**For those without a Metro, the forecast calls for "I dunno" with a slight chance of "huhhhh?"**

**metro**





See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

## Horoscopes

### ♈ Aries

**March 21 - April 20**  
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

### ♉ Taurus

**April 21 - May 21**  
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

### ♊ Gemini

**May 22 - June 21**  
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

### ♋ Cancer

**June 22 - July 23**  
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

### ♌ Leo

**July 24 - Aug. 23**  
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

### ♍ Virgo

**Aug. 24 - Sept. 23**  
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

### ♎ Libra

**Sept. 24 - Oct. 23**  
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

### ♏ Scorpio

**Oct. 24 - Nov. 22**  
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**  
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

### ♑ Capricorn

**Dec. 22 - Jan. 20**  
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

### ♒ Aquarius

**Jan. 21 - Feb. 19**  
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

### ♓ Pisces

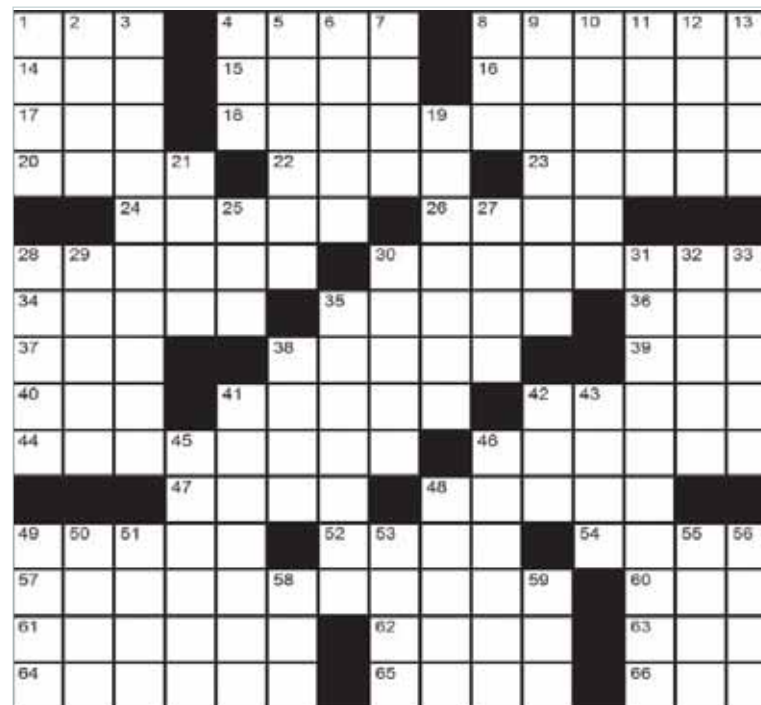
**Feb. 20 - March 20**  
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. A-li'l-\_-will-d'ya
4. Gas station name
8. Rejects
14. Football's Mr. Manning
15. "\_\_\_ she blows!"
16. Set the dial: 2 wds.
17. Vroomer
18. Toronto-born singer of "Old Skool Love": 2 wds.
20. Modeller's buys
22. Island off of Newfoundland
23. Beau \_\_\_ (Gracious action)
24. Megan of "Smash"
26. Gone With the Wind land
28. 1991 Tragically Hip album: 'Road \_\_\_'
30. Canadian insurance and financial services company
34. Lively rhythms
35. Adjust margins, say
36. Capture
37. Disney deer
38. Carries
39. Put down, slang-style
40. Gladiator's 300
41. Circled
42. I'm; \_\_\_; He's...
44. Forest for Robin Hood
46. Lab device, \_\_\_ burner
47. Where the White



- House is, \_\_\_.
48. Kindled again
49. "\_\_\_ Before Dying" (1991)
52. In the thick \_\_\_
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby

- novelist Mr. Levin
61. Seasonable
62. "Aren't \_\_\_ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack

66. Chap

### Down

1. Casino pack
2. Court game, with Jai
3. Charlottetown, 'The \_\_\_ of Confederation'
4. Airport schedule

5. Changes
6. "\_\_\_ Truffle" by The Beatles
7. Real thing, for short
8. Female saint in France [abbr.]
9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.
10. Artificial

11. Vintage autos
12. Food package abbr., \_\_\_.
13. Loudness of sound unit
19. As sheet music is
21. River deposit
25. Guitarist Mr. Paul
27. Santa \_\_\_ (Hot winds)
28. Sir Guinness, and others
29. Salt amount
30. \_\_\_ out (Dished)
31. The \_\_\_ Revolution
32. Laissez-\_\_\_
33. Buddy of "The Beverly Hillbillies"
35. Peter Weller '80s Sci-Fi flick
38. Step heavily
41. "...to thine \_\_\_ be true..." - Shakespeare
42. Montreal airport code
43. Taking care of things: 2 wds.
45. Daredevil
46. "You \_\_\_!" (That's right!)
48. Lasso
49. Tbsp., et al.
50. Ballet world's Karen
51. "My Friend \_\_\_" ('50s sitcom)
53. Acrobat's feat
55. Opera song
56. Stick sort
58. Mr. Cobb's
59. 'Profit' suffix

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



**Today** 11°/5° Mainly sunny

**Tuesday** 14°/7° Partly cloudy

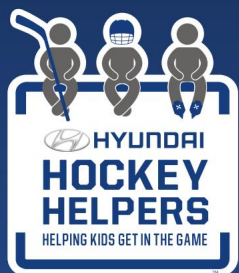
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# SHOOT TO WIN AT O'REGAN'S HYUNDAI

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